


**THE SELF-SUFFICIENCY STANDARD  
FOR WASHINGTON STATE 2020**

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**CENTER FOR WOMEN'S WELFARE**

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UNIVERSITY *of* WASHINGTON

School of Social Work



**The Self-Sufficiency Standard calculates how much income families need to make ends meet without public or private assistance, varied by place and family type**

# The Self-Sufficiency Standard Calculates the Full Cost of Each Basic Need at a Minimally Adequate Level

- No presents, vacations, pets
- No extra curricular activities such as team sports or music lessons
- No eating out – not even a latte or slice of pizza
- No government assistance such as food benefits
- No informal assistance such as free babysitting from grandparents

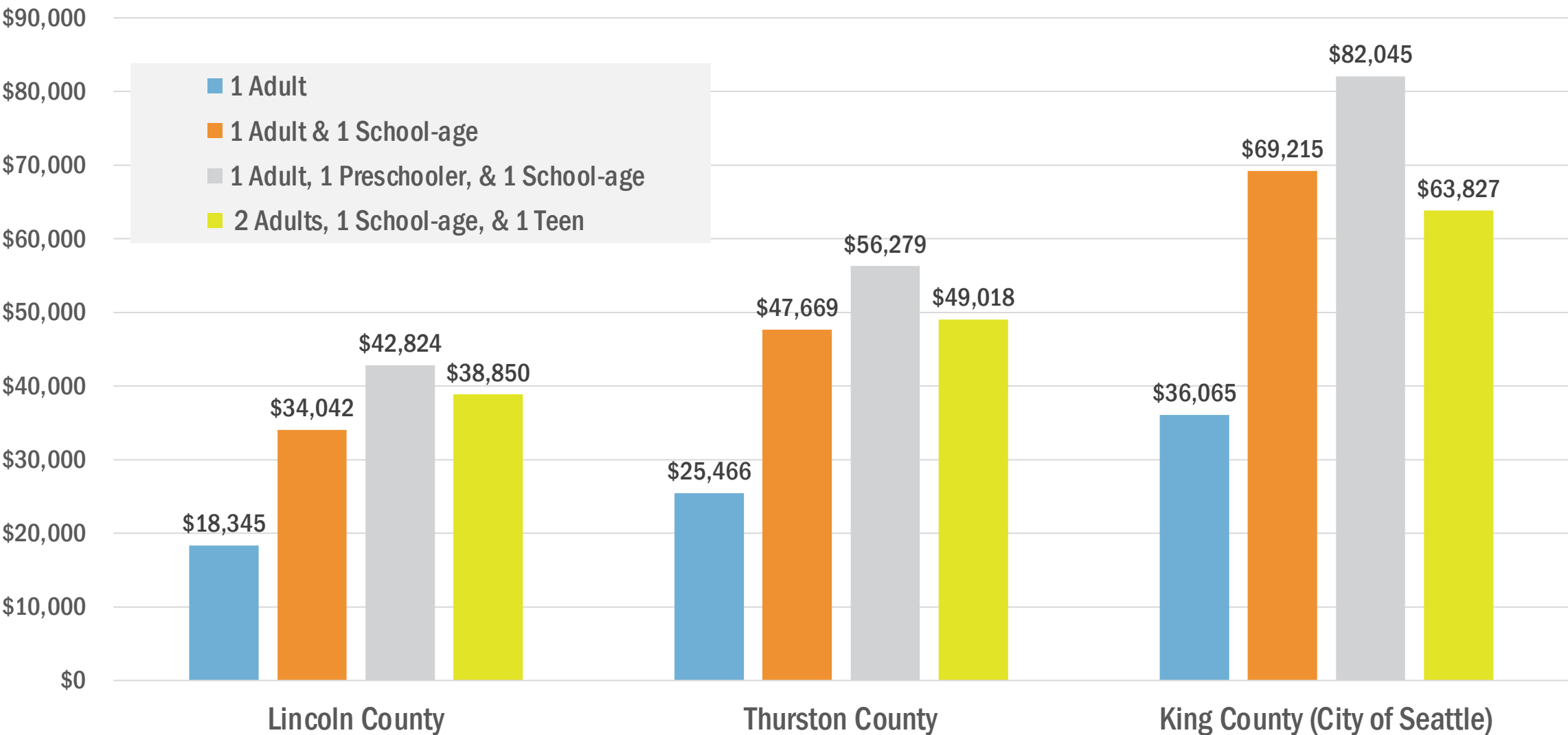


Supplemental  
Nutrition  
Assistance  
Program



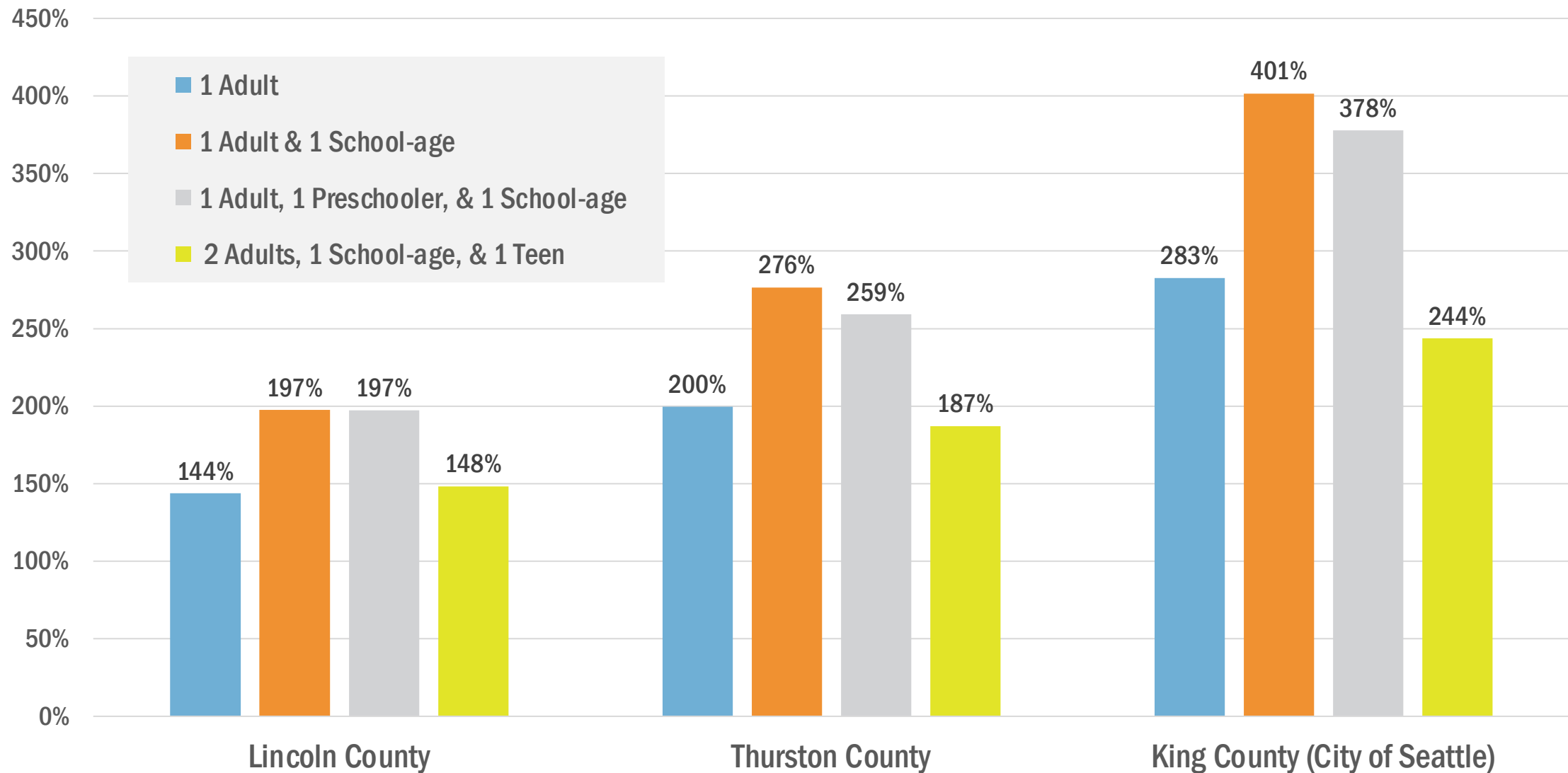


# Annual Self-Sufficiency Standard for Select Counties and Family Types, 2020



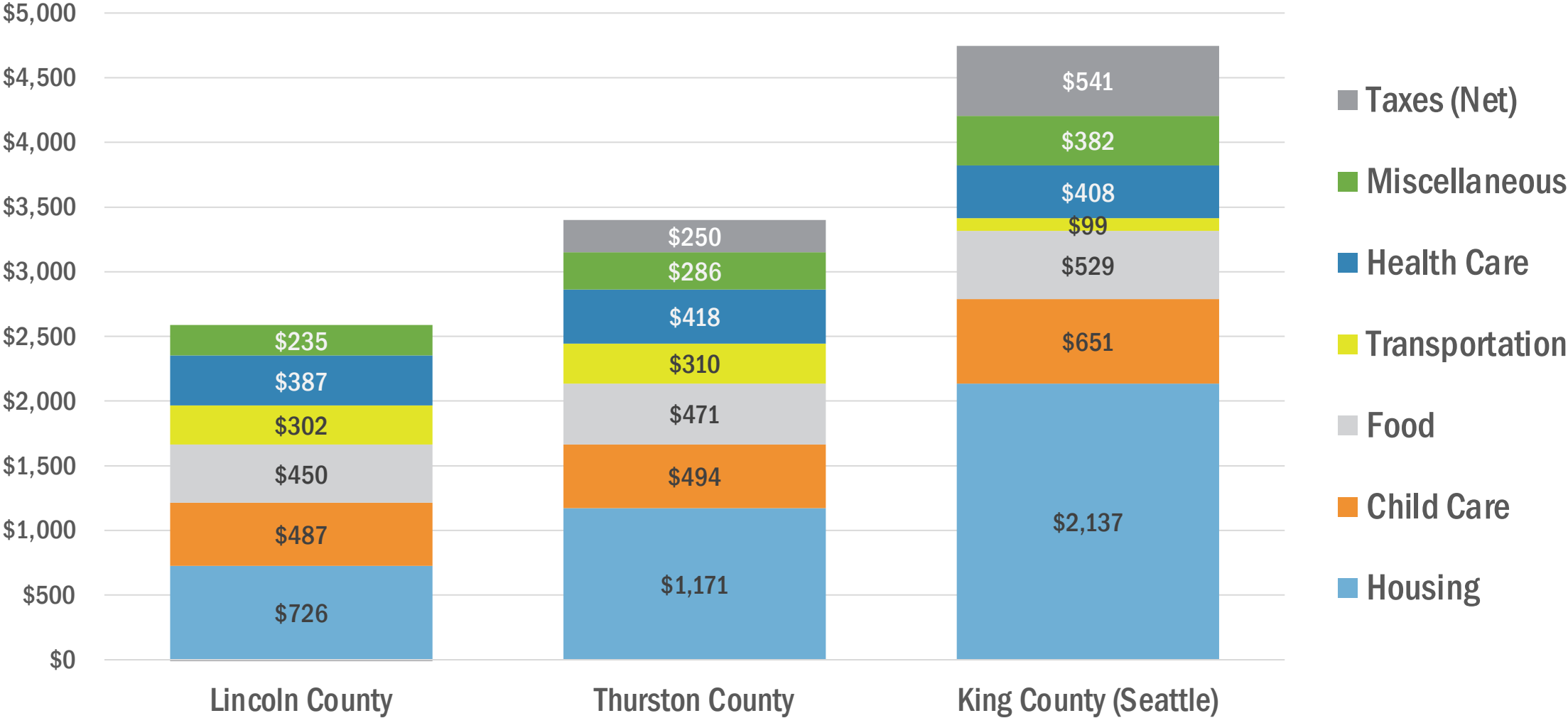
Source: The Self-Sufficiency Standard for Washington State 2020, Center for Women’s Welfare, University of Washington School of Social Work, [www.selfsufficiencystandard.org/washington](http://www.selfsufficiencystandard.org/washington)

# Annual Self-Sufficiency Standard Compared to the Federal Poverty Guidelines, 2020



Source: *The Self-Sufficiency Standard for Washington State 2020*, Center for Women’s Welfare, University of Washington School of Social Work, [www.selfsufficiencystandard.org/washington](http://www.selfsufficiencystandard.org/washington)

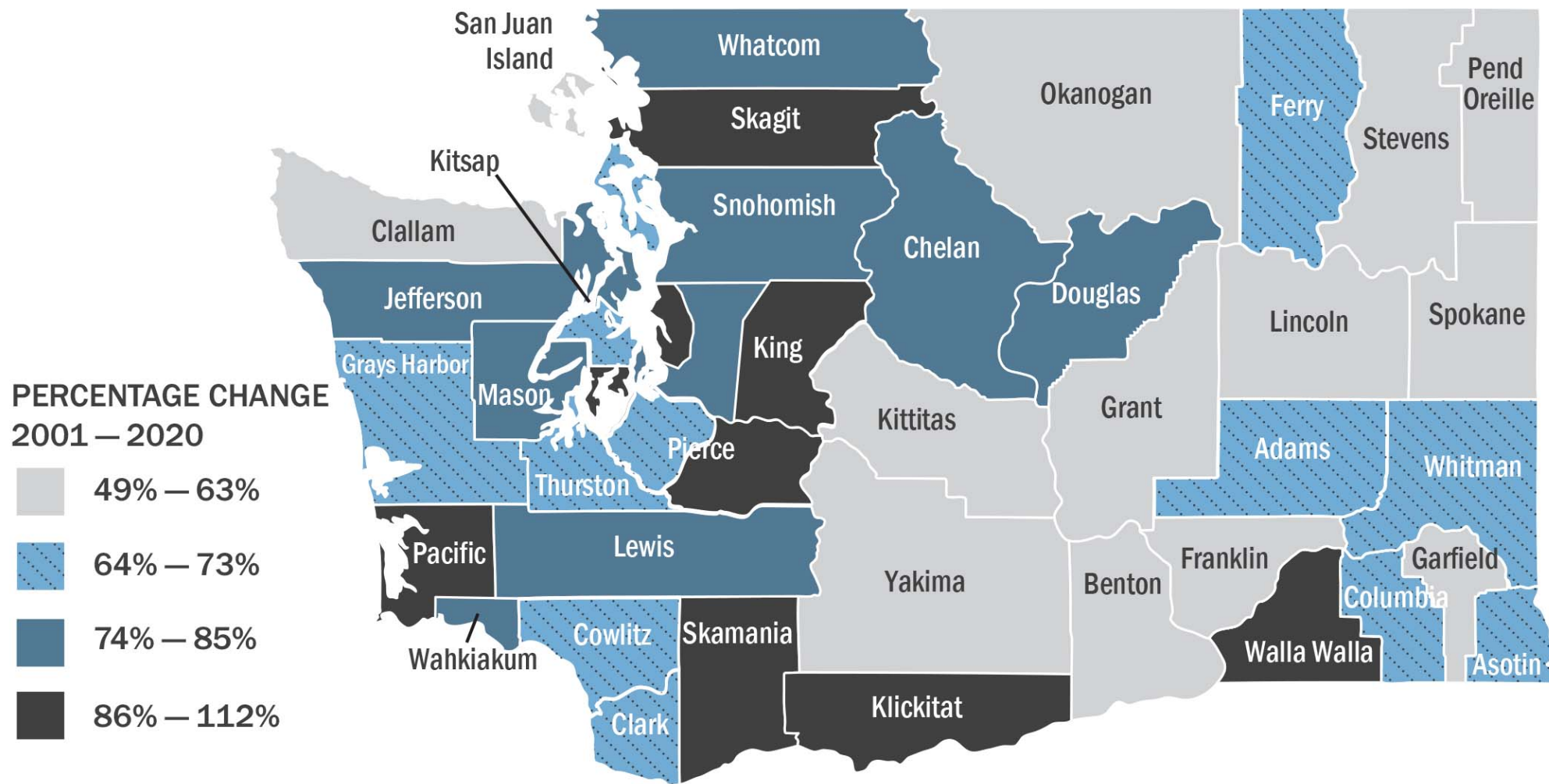
# Monthly Cost of Basic Needs for One Adult & One School-age Child, WA 2020



Source: The Self-Sufficiency Standard for Washington State 2020, Center for Women's Welfare, University of Washington School of Social Work, [www.selfsufficiencystandard.org/washington](http://www.selfsufficiencystandard.org/washington)

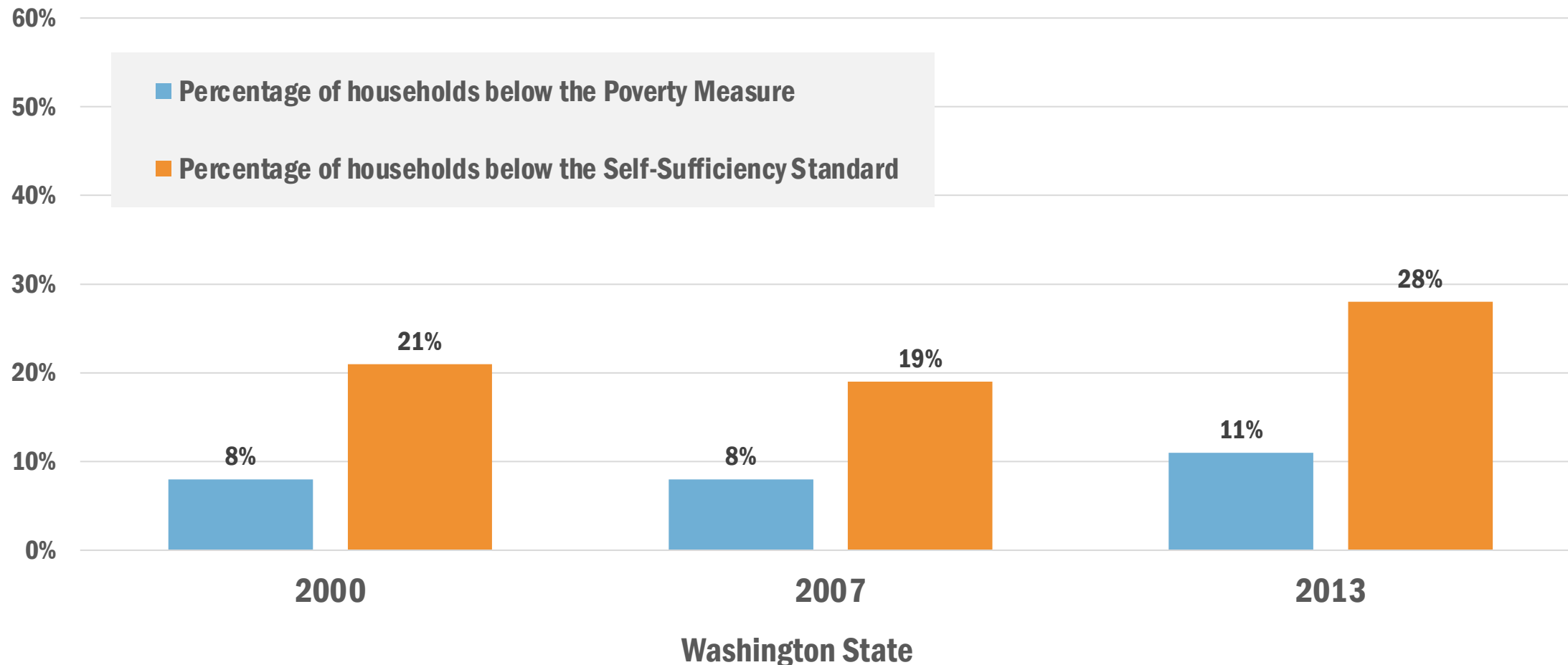
# Percentage Change in the Self-Sufficiency Standard for Washington State between 2001-2020

Two Adults, One Preschooler, & One School-Age Child



# Impact of the Great Recession on Household Income Adequacy

*(Funding Provided by Harry Bridges Center for Labor Studies)*

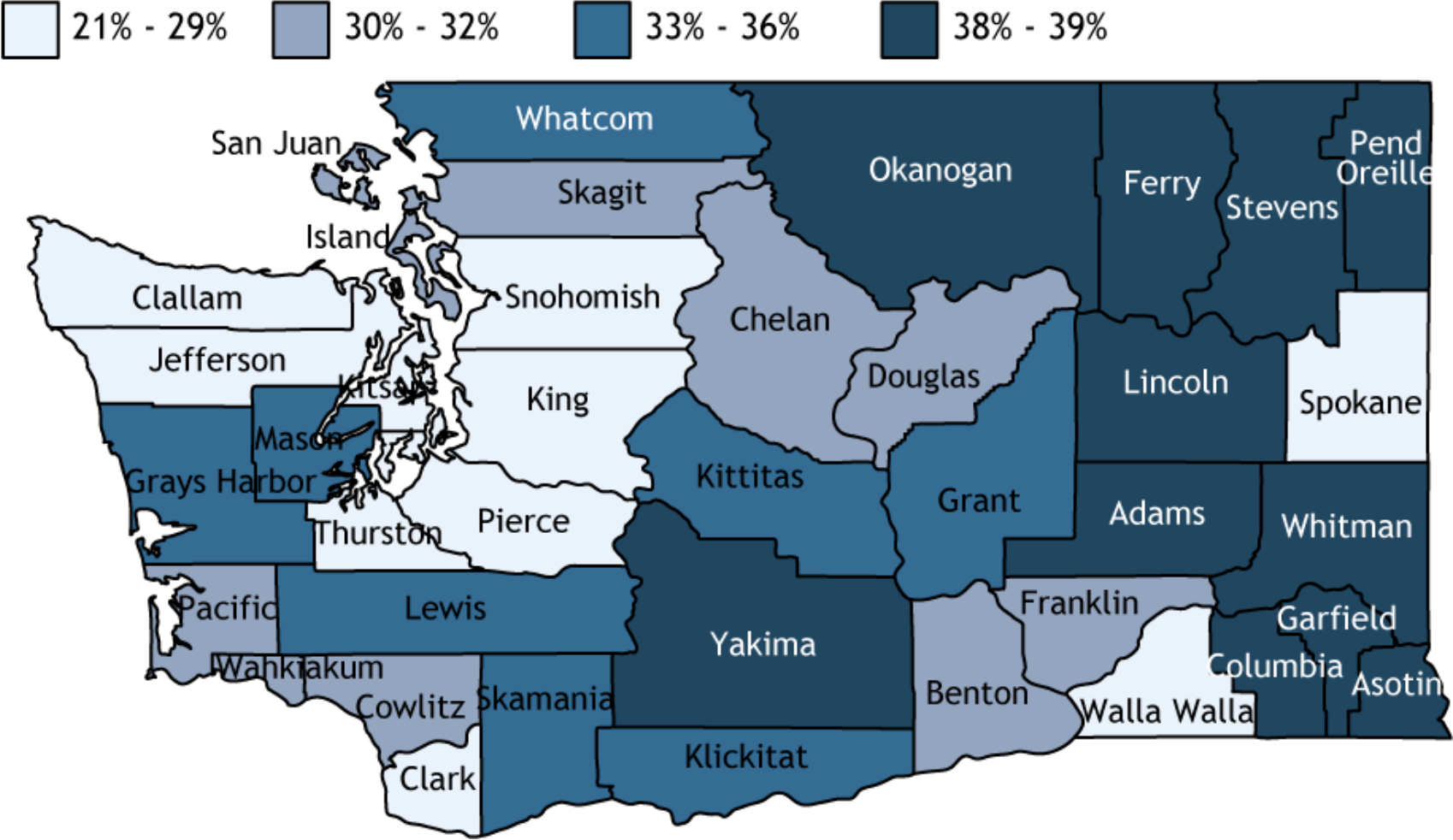


Source: Center for Women's Welfare analysis of U.S. Census Bureau 2000 Census, 2007 American Community Center, and analysis of the 2013 American Community Survey.



**In 2013, western urban Washington was more expensive  
but higher proportions of rural eastern households lacked adequate income**

**Percentage of Households Below the Self-Sufficiency Standard for Washington, 2013**



Source: Center for Women's Welfare analysis of the 2013 U.S. Census American Community Survey

## **The Self-Sufficiency Standard is More than Data – it is a Tool**

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- **Used by customers of workforce, training, and education programs seeking paths to self-sufficiency**
- **Used by managers to evaluate program effectiveness**
- **Used by communities and businesses as an indicator of the basic cost of living**
- **Used by policymakers seeking to create programs and pathways that lead to economic self-sufficiency for working families.**



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# Self Sufficiency Standard

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## Washington

Self-Sufficiency Standard for Washington (PDF)  
[2020](#) | [2017](#) | [2014](#) | [2011](#) | [2009](#) | [2007](#) | [2001](#)

Self-Sufficiency Standard Tables (Excel)  
[2020](#) | [2017](#) | [2014](#) | [2011](#) | [2009](#) | [2007](#) | [2001](#)

Demographic Report  
[Overlooked and Undercounted: Wages, Work and Poverty in Washington State \(2007\)](#)

Calculator  
[The Calculator](#)

Partner  
[Workforce Development Council of Seattle-King County](#)



### Resources By State

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[www.selfsufficiencystandard.org](http://www.selfsufficiencystandard.org)